



Work begins on Tufts research lab

BY LING-MEI WONG



Artist rendering of the Arnold 8 Biosafety Laboratory, which began construction this month. Safety features include biosafety cabinets and air filters. (Image courtesy of Tufts University.)

Tufts University started work this month on the Arnold 8 Biosafety Laboratory, a biosafety level 3 research facility at 136 Harrison Avenue, within its existing medical research building. Construction will be completed this summer, with operation depending on the lab's approval.

"Once construction is complete, an outside 'commissioning agent' retained by Tufts comes in to inspect the laboratory building and its systems to be sure they are functioning as required to meet the standards set by the City of Boston, Commonwealth of Massachusetts and federal agencies," said Kimberly Thurler, director of public relations for Tufts University. "The Boston Public Health Commission will review the report of the commissioning agent and also do its own inspection. The BPHC can take as much time as it needs to conduct inspections, ask questions and request information from Tufts. There is no set deadline."

The Arnold 8 Biosafety Laboratory will research tuberculosis. The disease is 20 times more common in Asians than Caucasians in Boston and infects a

third of the world's population, according to the World Health Organization. Handling the tuberculosis organisms requires a BSL-3 lab with specialized air handling systems and other protective features, one grade above Tufts' current BSL-2 lab.

"There has never been any doubt in my mind that Tufts will comply with the letter of the law and will make every efforts to insure that the lab will be safe for both its research staff and the neighboring community," said Paul Chan, member of the project's Community Advisory Committee and director of development, Massachusetts Housing Investment Corporation. He and other members of the CAC toured the lab space to understand the design and operating procedures.

Contractor Shawmut Design & Construction is working to provide opportunities for neighborhood residents, Thurler said. The job will employ about 10 to 20 workers each week.

For more information, visit www.medicine.tufts.edu/Research/Arnold-8BiosafetyLab.

紐英倫至孝篤親公所喜迎新年

黃靈美報導



紐英倫至孝篤親公所於本月16日在華埠珍珠樓和喜臨門大酒樓舉辦年度宴會。圖片由黃靈美提供。

紐英倫至孝篤親公所於本月16日在華埠珍珠樓和喜臨門大酒樓舉辦年度宴會，擺席107桌，慶祝中國蛇年。公所代表中國陳胡袁三姓之族人，包括陳毓璇和陳毓禮。

紐英倫至孝篤親公所北美主席陳家驊以陳毓璇為例說道：「如果你在蛇年出生，你將非常聰明且富有魅力。」他亦說：「希望大家有很順利的一年。」

波士頓市長托馬斯·曼寧諾祝願每位來賓都有一個繁榮興盛的新年。他說：「陳毓禮是我住院期間最盡職的來訪者，他拿了20盒中餐分給護士和醫生。」

其他來賓包括聯邦參議員伊麗莎白·沃倫，州財政部長史蒂夫·格羅斯曼，州眾議員陳德基，州參議員Sonia Chang-Díaz，2區市議員Bill Linehan，

市議員Ayanna Pressley，波士頓警察局局長Kenneth Fong，以及駐波士頓台北經濟文化辦事處華僑文教服務中心郭大文。

至孝篤親公所亦於晚宴上捐款給五個團體，他們分別是中華耆英會、廣教中文學校、中華頤養院、紐英倫中華僑立中文學校和紐英倫中華總會。



波士頓市長托馬斯·曼寧諾在宴會致詞。圖片由黃靈美提供。

Gourmet Dumpling House owner plans new restaurant in Chinatown

BY LING-MEI WONG

The Chinatown/South Cove Neighborhood Council met Feb. 19 at the New England Chinese Consolidated Benevolent Association at 90 Tyler Street.

Ed Chen, owner of Gourmet Dumpling House at 52 Beach Street, presented plans for the tentatively named Authentic China House Restaurant across the street at 55 Beach Street, formerly the Chung Wah Hong Market. It will serve Szechuan cuisine and seat up to 90 patrons, based on preliminary plans. The council approved Chen's proposal, which will go before the licensing board and health inspector.

Council member Tony Yee missed three meetings in a row, which are grounds for expulsion by CNC bylaws. Yee has had seven absences in the past

13 months. The council voted to expel him, which fell one vote short of the two-thirds, or 12 votes, needed.

"Now that I know the bylaws, I will change my attendance to 100 percent," Yee said. He cited his involvement with the CCBA, his new company Eclipse Mass Media and his two sons as other reasons he could not attend.

The main reason for Yee's absence was the CNC's letter to the attorney general about the CCBA's usage of rental funds from 50 Herald Street. The building was sold by Tufts Medical Center to the CCBA, which CCBA claims had no restriction on rental income for affordable housing.

"I think the letter to the CCBA was uncalled for," Yee said. "The CNC has

the authority to send a letter to attorney general. My problem is many members here didn't know what was going on with the CCBA and the attorney general. They didn't know about the new lease, but still voted in favor to send the letter. You don't randomly send a bomb to somebody."



Gourmet Dumpling House in Chinatown. (Image courtesy of Yelp.)

HIGHLIGHTS

Chinatown Lantern reading room to go dark in March
PAGE 3

Boston's Chinatown shows no sign of demise, scholar says
PAGE 3

Chinatown Coalition celebrates 20th anniversary
PAGE 4

Chinese seniors strengthen bodies and friendships at Wang YMCA
PAGE 7

COMIC

EMPTYBAMBOOGIRL

THE MUNDANE & SUBLIME ADVENTURES OF A GIRL NAMED AH-LIN!

.....BY LILLIAN CHAN



Event Calendar

Free film, food & discussion

Friday, Feb. 22
6:30 - 9 p.m.Castle Square Community Center
476 Tremont Street
Boston, MA 02118

The Castle Square Tenants Organization (CSTO) will hold its screening event at the Castle Square Community Center. The documentary "The Black Power Mixtape 1967-1975," which has won many awards including the Editing Award at the 2011 Sundance Film Festival, will be screened. Besides the film, appetizers will be served and a panel discussion and Q&A with audience will be presented. Public are welcome to join.

Contact: www.castledeepenergy.com

First homebuying class

Saturday, Feb. 23

9:30 a.m. - 3:30 p.m.
ACDC
38 Oak Street
Boston, MA 02111

Asian Community Development Corporation will hold its first house-buying class. Middle or low income residents can apply for affordable housing with the certificate of class accomplishment, and enjoy benefits such as loans and low prepayments, which can be 3% of the house price. Class fee is \$40.

Contact: 617-482-2380 ext.208, or CHOP@asiancdc.org

PKUAA-NE New Year Celebration
Sunday, Feb. 24
12 p.m.
Sichuan Gourmet
1004-1006 Beacon Street
Brookline, MA 02446

Peking University Alumni Associate - New

England (PKUAA-NE) will have a luncheon to celebrate the new year of 2013 and the coming Lantern Festival. Delicious Sichuan food will be served and some other activities will be held. Participants will have opportunities to win prizes.

Tickets: \$25 (\$10 for children under 12)

Register: pkuaa-ne.org
Contact: Le Zhang 617-651-0963 or zhanglewfo@outlook.com; Chongzhi Zang 908-838-5158 or zang.pkuaa@gmail.com

BCNC New Year Celebration
Friday, March 1
7 p.m.

Empire Garden Restaurant
690 Washington Street
Boston, MA 02111

Boston Chinatown Neighborhood Center will host its annual Chinese New Year Banquet

to celebrate the Year of the Snake. The banquet will include a 10-course dinner, performances, and silent and live auctions. The banquet is BCNC's largest annual celebration and fundraiser. Proceeds from the banquet will help fund and expand BCNC's programs.

Tickets: \$125
Contact: Tina Chien
617-635-5129 x 1054 or tina.chien@bcnc.net

Hakka Ripped Sky Festival

Saturday, March 2
11 a.m. - 3 p.m.
90 Lincoln Street, Newton Highlands, MA 02461

New England Hakka Association is holding its second annual Hakka Ripped Sky Festival in Newton. Members of the association will bring famous and traditional Hakka food to the celebration. Hakka

culture and art performance will be presented. Members of the association can receive free entrance. Nonmembers are also welcome to join and enjoy the performance and food.

Ticket: \$10
Contact: Guiying Zhang 617-338-8801 or cell 857-928-8268

A Spoonful of Ginger

Monday, March 18
6:30 - 9:30 p.m.
Museum of Fine Arts, Boston
Art of the Americas Wing
465 Huntington Avenue, Boston, MA 02115

A Spoonful of Ginger will once again feature Boston's finest chefs for a food tasting like none other at the beautiful Art of the Americas Wing at the Museum of Fine Arts. Guests will enjoy an evening of gourmet dishes prepared by some of Boston's most renowned

chefs, including Joanne Chang, Andy Husbands, Ming Tsai and Jasper White.

Tickets: \$250

Contact: 617-309-2512, Kevin. Hudson@joslin.harvard.edu or visit: www.joslin.org/ginger

2013 Walk for Hunger
Sunday, May 5
7 a.m.
Boston Common
Tremont Street,
Boston, MA 02108

SAMPAN

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CLASSIFIEDS

JOB HIRING

Boston Chinatown Neighborhood Center is seeking creative, energetic Group Leaders to supervise and develop recreational and academic activities for After School Program for children aged 6-13 years. Group Leaders are **part-time (20 hr/wk)** during school year and **full-time (37.5 hr/wk)** when public schools on vacation.

Persons with experience with children in a school-age setting, 18+ years of age, interested in sharing skills in **art, music, leadership, sports** are welcome. Position comes with health and dental benefits! This job is perfect for artists, musicians, writers with an interest in teaching or youth development.

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Project Bread's 45th Walk for Hunger will be held on May 5th. The 20-mile route weaves through Boston, Brookline, Newton, Watertown, and Cambridge, and includes entertainment and free snacks along the way. More than 40,000 Walkers will step out and raise \$3.5 million to help provide in need with sustainable, reliable access to nutritious food. The rolling start is from 7 to 9 a.m. on the Boston Common.

Contact: 617-723-5000 or www.projectbread.org

Chinatown Lantern reading room to go dark in March

BY LING-MEI WONG



Joan Chen, library staffer at the Chinatown Lantern reading room. Image by Ling-Mei Wong.

The Chinatown Lantern reading room will close Feb. 25 after 10 months, as funding from a one-time grant ended.

"It's been pretty fun meeting new people," said Joan Chen, library staffer at the Lantern since September 2012. "I'm a little sad too, as a lot of elderly patrons ask about the next round of English lessons, which are coming to an end."

The space at 888 Washington Street is provided by the Asian Community Development Corporation, which owns the Oak Terrace apartment complex. Children's and young adult books will be left for residents to read, while historical books or rare Chinese titles will be stored for placement at a permanent location, Chen said.

"We originally sought to develop a cultural and educational center for art,

music and drama," said Stephanie Fan, Chinatown Lantern Executive Committee member. "Now that we've completed this pilot, we know how the community uses the space."

More than 5,000 visitors stopped by the Lantern for computer classes, English conversation lessons and children's programs for storytelling, check and checkers and homework tutoring, according to a prepared statement. Nearly all services were performed by more than 100 volunteers over 1,000 hours.

"It's really a worthwhile project," Chen said. "You get to know the community."

To follow or volunteer at the Chinatown Lantern, please visit www.chinatownlantern.org.

Chinatown meeting roundup: CSC and CRA

BY LING-MEI WONG

The Chinatown Safety Committee and the Chinatown Residents Association met Feb. 6.

The CRA had a presentation from clean energy company Viridian Energy and discussed a hotel renovation at 19 Temple Place.

Both meetings discussed Tufts Medical Center's plans for its parking lot at Hudson Street. The site is currently a private street-level lot for Tufts and St. James the Greater Church.

Tufts renewed an agreement with the Boston Redevelopment Authority for the parking, which increased rent "significantly," said James Foley, director of Tufts Shared Services. It plans to allow other cars to park for a fee until 11 p.m. to offset its increased rent, which requires a commercial license. The committee approved the motion.

Edward Chen announced plans to open a Szechuan restaurant tentatively called Authentic China House Restaurant at 55 Beach Street, formerly the site of Chung Wah Hong Market. After the renovation is complete, he will apply for a city and takeout license, which the committee approved.

The Hot Pot Café, 70 Beach Street,

plans to expand to the third floor, adding Korean barbecue and 120 seats for a total capacity of 288. Its proposal was approved by the committee; it will go before the licensing board for final approval.

The Descent lounge in the W Hotel, 100 Stuart Street, went before the committee to increase its capacity from 200 to 120 people. Bill Bunce, general manager at the W, said the space could hold 250, but was scaled down to accommodate other nightclubs in the neighborhood. The space will no longer be operated by the W but by Brian Lesser, who runs Storyville and Sweet Cheeks. Chairman Bill Moy asked the W to return at the March meeting with security plans.

The proposed Adams House Dinner Club at 533 Washington Street presented modified plans for a "supper club," with three floors of dining, live entertainment and a fourth floor for private events. Maximum capacity would be 796 people. No motion was taken, with Moy suggesting proprietor Sam Sokol to go before the Midtown Park Plaza Neighborhood Association for its target audience.

"You're not catering to Chinatown, that's obvious," Moy said.

Boston's Chinatown shows no sign of demise, scholar says

BY LING-MEI WONG

The fate of Chinatown is far from grim, based on affordable housing demand, community activism and immigration trends, said Tunney Lee, retired professor of Urban Studies and Planning at MIT. He discussed "Boston's Chinatown: Beyond Stereotypes, Food and Boundaries" during a lecture at the Boston Central Library on Feb. 13.

Lee spoke about his family history in relationship to Chinatown's development. His great-grandfather left Toishan, Guangdong, to work on the transcontinental railroad and moved to Tacoma, Wash., after its completion in 1867. When backlash against the Chinese resulted in violence and evictions, his great-grandfather returned to China and started a family.

"The Chinese Exclusion Act of 1882 was the first and only immigration law in U.S. history aimed at an ethnic group, intended to wipe out the Chinese by attrition," Lee said.

Despite the discrimination, Lee's great-grandfather returned in 1892 to work in a laundry in Bridgewater. At its peak in 1885, 500 laundries were listed and operated by the Chinese.

The Chinese men formed a bachelor society on Harrison, Essex and Beach streets. "Sundays were their only day off and the laundry workers came to Chinatown for rest and relaxation. They would meet relatives, get entertainment — legitimate or not — including gambling and opium, and buy food," Lee said.

Fear of gambling and vices corrupting youth led to efforts to destroy Chinatown, such as widening Harrison Street in the 1840s. "But Chinese persistence for survival was strong, so they built better housing and upgraded," Lee said.

In the Roaring Twenties, restaurants began dominating Chinatown's economy. "Many came through to savor the exotic food," Lee said.

The end of World War II marked a turning point. "The development of Boston and highways had the Central Artery come around the railroad to wipe out the Garment District and Chinatown, leaving it open for higher uses," Lee said. "It was



Tunney Lee spoke at the Boston Central Library. Image by Ling-Mei Wong.

the start of Chinese political activism, when the community collaborated with the garment industry to protest, fight and ameliorate the effects of the highway, which took out a third of the buildings."

Another change in Chinatown was the development of the Mass Pike, which tore down the Hudson Street neighborhood in the '60s and '70s. Chinatown expanded to the newly built Castle Square community in the South End with 500 units of affordable housing; Tai Tung Village added 300 units in the '70s.

The Immigration Act of 1965 changed immigration, with an emphasis on reunifying families and no longer limiting quotas by country. "There was an influx of immigrants from Hong Kong, Taiwan and southeast Asia, with many refugees at the end of the Vietnam War," Lee said. "It ended the bachelor society and the influx of women kept the garment industry alive for many years."

With more families, new community organizations were formed for education, health and political activism. "But a big obstacle in Chinatown was the Combat Zone," Lee said. Originally conceived as an adult entertainment zone, the strip clubs and bars moved down Washington Street and spilled over into Chinatown. It declined as technology advanced.

Chinatown today has come a long way, bordered by luxury residences and higher education institutions such as Emerson College and Suffolk University. "There is a continued influx of Chinese into Massachusetts," Lee said. "The core Chinatown will remain a regional center, despite pressure from colleges and condos."

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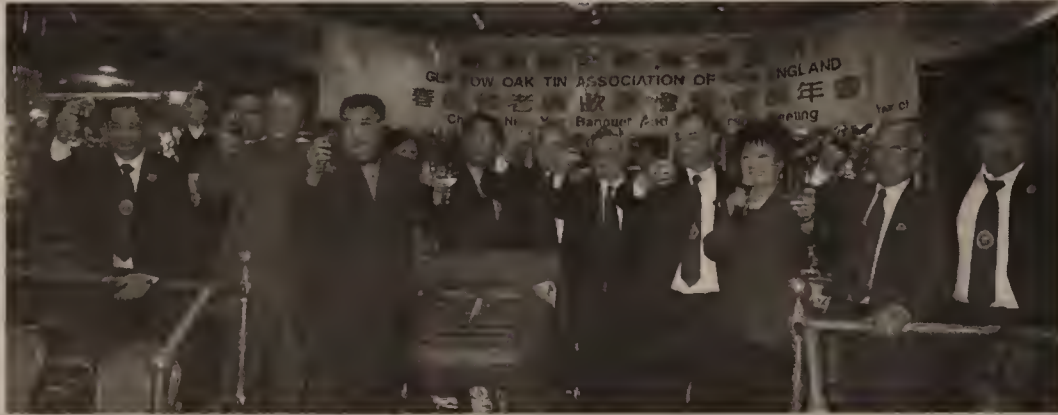
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New England Gee How Oak Tin Family Association rings in Chinese New Year

BY LING-MEI WONG



The Gee How Oak Tin Family Association of New England hosted its annual banquet on Feb. 16 at China Pearl. (Image by Ling-Mei Wong.)

The Gee How Oak Tin Family Association of New England celebrated the Year of the Snake during its annual banquet Feb. 16 at the China Pearl and Hei La Moon restaurants with 107 tables. The family association represents Chinese individuals with the surname of Chan, Woo and Yuen, including "Uncle Bill" and "Uncle Frank" Chin.

"If you're born in the Year of the Snake, you're smart and seductive," said Paul Chan, North American president of the Gee How Oak Tin Family Association, who pointed to Bill Chin as an example. "Have an excellent year."

Boston Mayor Thomas Menino wished guests a prosperous and happy new year. "Frank Chin was the best visitor while I was in the hospital," he said. "He brought

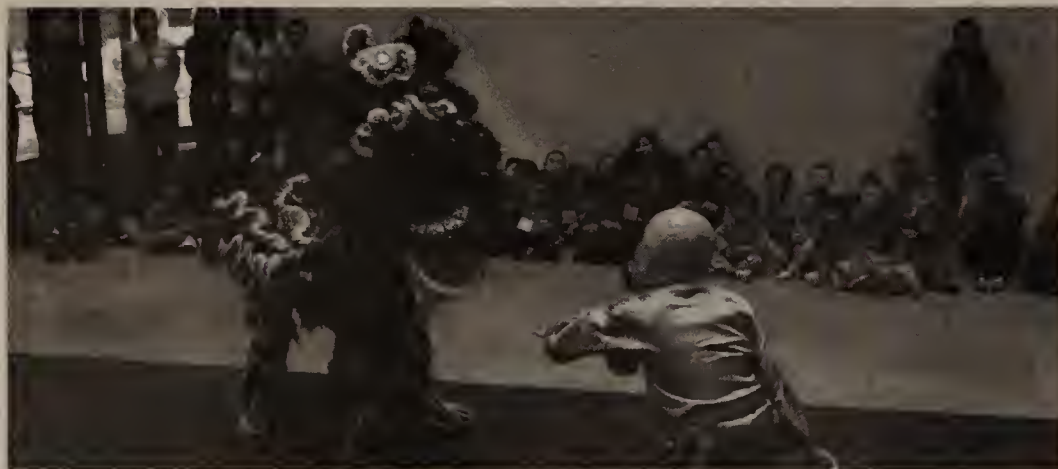
20 bags of Chinese food for the nurses and doctors."

Other guests included Sen. Elizabeth Warren, State Treasurer Steve Grossman, State Representative Tackey Chan, State Sen. Sonia Chang-Díaz, City Councilor for District 2 Bill Linehan, City Councilor-at-Large Ayanna Pressley, Boston Police Department Superintendent Kenneth Fong and Edward Kuo, director of the Culture Center of the Taipei Economic and Cultural Office in Boston.

Five associations were honored with donations at the dinner: the Greater Age Golden Age Center, the Kwong Kow Chinese School, South Cove Manor Nursing home, Chung Wah Academy of New England and the Chinese Community of New England.

Tufts Medical Center welcomes Year of the Snake

BY LING-MEI WONG



Josiah Quincy Elementary students watch the Gung Ho Club perform the lion dance at Tufts Medical Center's Chinese New Year celebration. (Image by Ling-Mei Wong.)

Tufts Medical Center celebrated the Year of the Snake with lion dances, instrumental performances and traditional dances by Josiah Quincy Elementary School students on Feb. 13.

The Gung Ho Club performed the lion dance and scattered candy, to the delight of the students. A cabbage was "eaten" and flung as well.

"Lettuce means good luck," said

Sherry Dong, director of community health improvement programs, Tufts Medical Center. "We're going to have a lot of that this year."

Josiah Quincy Elementary students performed a tea-picking dance and a crimson scarf dance. The program closed with a string performance by the school's music program.

Chinatown Coalition celebrates 20th anniversary

BY LING-MEI WONG



(Left to right, front row): TCC founders: Steven Chin, Carol Lee, David Moy, Lydia Lowe, Chau-Ming Lee. (Second row): Tom Lee, Richard Chin, Stephanie Fan, Barbara Rubel, Beverly Wing, Lawrence Cheng. (Image courtesy of Kye Liang and The Chinatown Coalition.)

The Chinatown Coalition celebrated its 20th anniversary on Feb. 14 at Hostelling International. Its present committee includes representatives from the Asian Community Development Corporation, Boston Chinese Evangelical Church, Boston Chinatown Neighborhood Center, Tufts Medical Center, Tufts University and the Chinese Progressive Association.

"We started in 1993, when there were lots of organizations that did great work individually and with each other, but there was not a lot of communication between groups," said David Moy, founder and former executive director of BCNC. "The TCC has built relationships and we've seen a transition of leadership to young people in the neighborhood."

As an interagency committee, the first TCC meetings were hosted at each

organization's headquarters, including the former YMCA bubble. Since its founding, it has drawn up the Chinatown Master Plan, first in 2000 and again in 2010, to highlight community development needs.

"TCC started in 1993, when most of us were protesting Tufts Medical Center," said Lydia Lowe, executive director of the CPA. "It was a tense time and we needed a neutral space to talk things out."

As part of Valentine's Day, the legacy of St. Valentine — jailed for helping those in need — was a timely reminder.

"Sometimes it's easier to throw stones, so it helps to see each other" said Thomas Lee, assistant pastor at BCEC's Newton campus. "We speak the truth in love to one another."



(Left to right, front row): Current TCC executive staff: Sherry Dong, Janelle Chan, Elaine Ng. (Second row): Enoch Liao, Barbara Rubel, Vivien Wu, Mark Liu. (Image courtesy of Kye Liang.)



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6 person:	\$74,750
7 person:	\$79,900
8 person:	\$85,050

Public Information Meeting

7:00 P.m., Thursday, March 21, 2013
Sutton Town Hall
4 Uxbridge Road
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Application Deadline

April 10, 2013

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NOTICE TO BIDDERS

Sealed bids for MBTA Contract No. **D01CN02, ENHANCEMENTS TO KEY BUS ROUTES 23 & 39, BOSTON, MASSACHUSETTS (CLASS 1, GENERAL TRANSIT CONSTRUCTION AND PROJECT VALUE - \$1,666,181.00)** will be received by the Director of Contract Administration at the Contract Administration Office, 6th Floor, Room 6720, Transportation Building, 10 Park Plaza, Boston, Massachusetts, 02116-3975, until two o'clock (2:00 p.m.) on **March 7, 2013**. Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

Work consists of bus stop alterations including the lengthening of bus stops, addition and upgrading of amenities (shelters, benches, trash receptacles, and solar trash compactors), new bus stop signage, sidewalk widening and reconstruction, curb ramps, pavement markings, and traffic signal improvements and, at some locations, the elimination of bus stops, the addition of new bus stops and/or significant curb realignment to provide curb extensions. Bus Route 23 work will extend from Talbot Ave at Dorchester Ave (Peabody Square) to Washington St at Blue Hill Ave in Grove Hall (via Talbot Ave, Codman Square and Washington St). Bus Route 39 work will extend from South St at St. Mark St in Jamaica Plain/Forest Hills to Huntington Ave at Gainsborough St in Back Bay.

This Contract is subject to a financial assistance Contract between the MBTA and the Federal Transit Administration of U.S. Department of Transportation. FTA Participation is 100 percent under the American Recovery and Reinvestment Act (ARRA) of 2009.

Each prospective bidder proposing to bid on this project must be prequalified in accordance with the Authority's "Procedures Governing Classification and Rating of Prospective Bidders." Copies may be obtained from the Contract Administration Office at the above address. Requests for prequalification for this Project will not be accepted by the Authority after the tenth (10th) day preceding the date set for the opening of bids.

Prequalified bidders may obtain from the Contract Administration Office a "Request for Bid Form" which must be properly filled out and submitted for approval.

Bidding documents may be obtained from the Contract Administration Office at the address above from 8:30 a.m. to 4:00 p.m., beginning on **February 13, 2013**, Monday through Friday, at no charge. Copies of the Bidding Documents will be available in electronic format (CD). Contract Specifications shall be available in searchable portable data file (.pdf) format and Contract Drawings shall be available in portable data file (.pdf) format. If requested, Bidding documents will be shipped for a fee of \$25.00, made payable by check to MBTA. For overnight mail service, a completed mailing label, with an approved carrier account number (i.e. Federal Express), must be included. All bidding documents requested by check will be shipped via U.S. Postal Service. **NONE OF THESE CHARGES ARE REFUNDABLE.**

Bidders attention is directed to Appendix 1, Notice of Requirement for Affirmative Action to Insure Equal Employment Opportunity; and to Appendix 2, Supplemental Equal Employment Opportunity, Anti-Discrimination, and Affirmative Action Program in the specifications. In addition, pursuant to the requirements of Appendix 3, Disadvantaged Business Enterprise (DBE) Participation Provision, Bidders must submit an assurance with their Bids that they will make sufficient and reasonable efforts to meet the stated DBE goal of 15 percent.

Bidders will affirmatively ensure that in regard to any contract entered into pursuant to this solicitation, minority and female construction contractors will be afforded full opportunity to submit Bids and will not be discriminated against on the grounds of race, color, religion, sex, age, or national origin in consideration for an award.

Bidders will be required to comply with Federal Equal Employment Opportunity Regulations and the President's Executive Order No. 11246 and any amendments or supplements thereto. Bidders will also be required to comply with the Governor's Executive Order No. 481, prohibiting the use of undocumented workers on State Contracts and any amendments and supplements thereto.

A prebid conference will be held on February 22, 2013 at 10:00 a.m. at **500 Arborway, Jamaica Plain, MA 02130, Terrence P. McCarthy, 617-222-4166, TPMcCarthy@MBTA.com**. Any request for interpretation of the Plans and Specifications should be submitted in writing at the same time.

Bidders will be required to certify as part of their bids that they are able to furnish labor that can work in harmony with all other elements of labor employed or to be employed on the work.

This Contract is subject to Federal wage and hourly laws and minimum State wage rates as well as all other applicable labor laws.

Bidders are advised that the "Buy America" provisions of the Surface Transportation Assistance Act of 1982 (Pub. L-97-424) as amended, apply to any Contract, procurement or agreement which results from this solicitation.

Bid Guaranty shall consist of a bid deposit in the amount of five (5) percent of the value of the bid, in the form of a bid bond, cash, certified check, treasurer's or cashier's check.

The successful Bidder shall be required to furnish a Performance Bond and a Labor and Materials Payment Bond each for the full amount of the Contract price.

The Authority reserves the right to reject any or all Bids, to waive informalities, to advertise for new Bids or proceed to do the work otherwise, as may be deemed to be in the best interests of the Authority. This information may be viewed at the MBTA website:

http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/

MASSACHUSETTS BAY TRANSPORTATION AUTHORITY

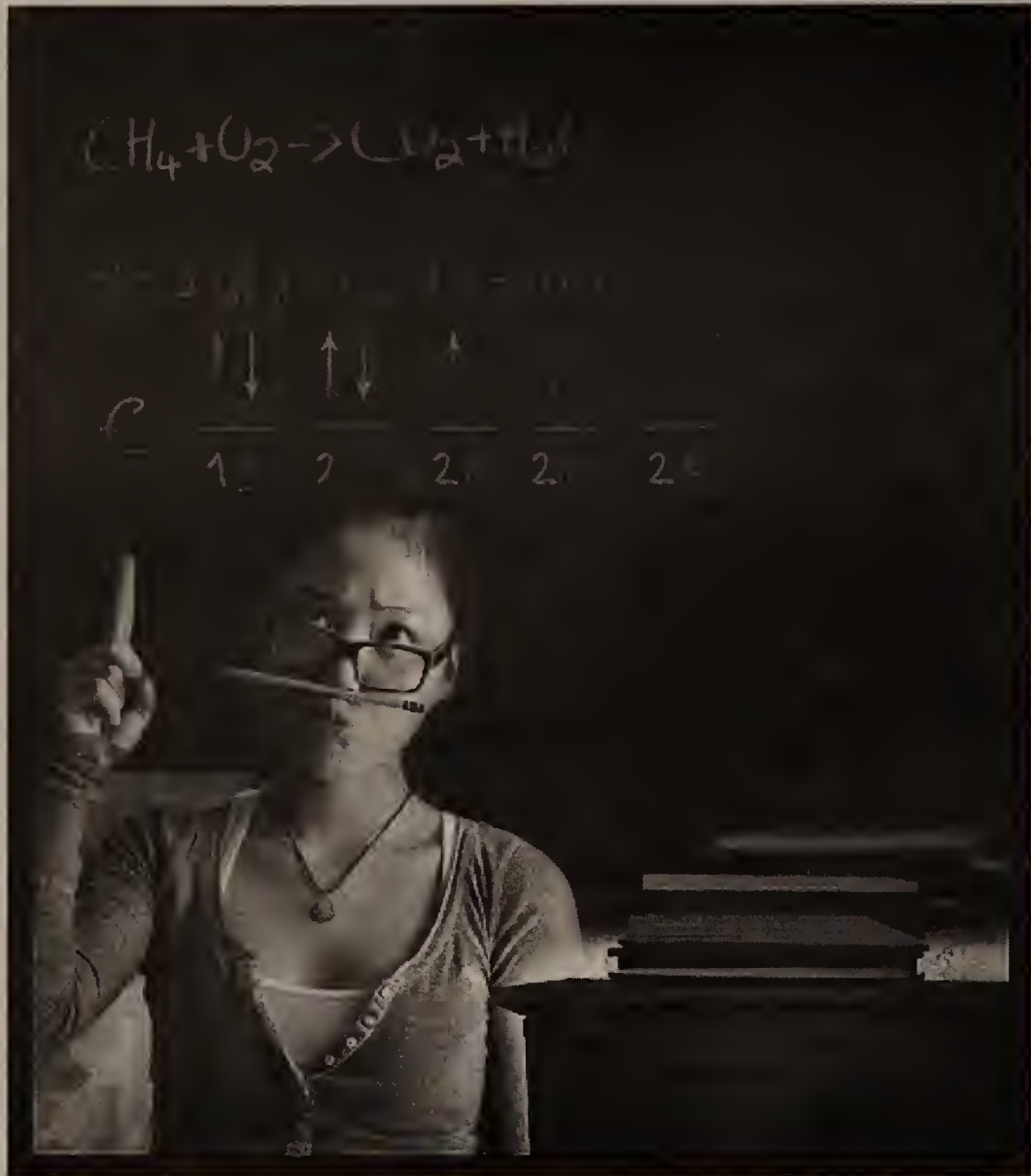
Date: **February 13, 2013**

By: Richard A. Davey
Secretary and Chief
Executive Officer of
MassDOT

Beverly A. Scott, Ph.D.
General Manager of the MBTA
& Rail & Transit Administrator
of MassDOT

Malden High teen wins regional award for artwork

BY LING-MEI WONG



"Chemistry Test" by Sudan Zhuang won a Gold Key in the 2013 Scholastic Art & Writing Awards.

Sudan Zhuang has a very active mind. The 16-year-old junior at Malden High School was recently awarded a Gold Key, Silver Key and honorable mention from the 2013 Scholastic Art & Writing Awards for her artwork.

Students who receive regional Gold Keys are entered into the national competition, with results for Gold and Silver medals announced March 15.



"Tardy" by Zhuang won a Silver Key.

"It's interesting, you can do whatever you want to the pictures," Zhuang said. "It's not real, but you can use your imagination."

Zhuang moved with her family to

America three years ago. While her brother is a senior in New York, she wanted to be in the Boston area.

"In New York, you don't speak English at school," she said. She wanted to learn English in an immersive environment, so she and her parents moved to Malden.

Zhuang may study design in college, as she enjoys art. "I was surprised that my photos won," she said.



"16 Candles" by Zhuang received an honorable mention. (Images courtesy of Sudan Zhuang.)

YOUTH VOICES

Featuring original work written by high school students

Youth in Government

BY TSERING LHADON



The Malden Delegation of Youth in Government. (Image courtesy of the Malden YIG and edited by Sudan Zhuang.)

Youth programs play a very important role in children's lives today. Such programs allow youth to learn in different environments and promote knowledge as well as awareness. They also help youth to express themselves and their capabilities. One of these youth program called Youth in Government lets the younger generation learn about democracy and how each and every person can make a difference. The YIG helps children express their individuality through public speaking, giving them opportunities to develop their leadership skills as well as make new friends. It helps participants understand the democratic process. The YMCA YIG stands on the four major core values of caring, honesty, respect and responsibility. There are YIG branches established throughout the United States and it is Malden's first delegation. Although this is Malden's first delegation, YIG has been running in Massachusetts for 29 years and currently consists of 200 members.

In YIG, there are five branches where students can choose from: Legislative Branch, Judicial Branch, Executive Branch, Press Corps and Lobbying Corps. The Legislative Branch allows students to debate, write and participate in law-making process. The Judicial Branch is for students who are interested in the law, arguing, grappling with moral issues and writing the laws. The Executive Branch allows students to exercise and develop their leadership qualities. The Press Corps is for students who are interested in writing, do-

ing research and reporting news. They also get an opportunity to publish their articles in The Beacon. And lastly the Lobbying Corps allows student who likes to influence others with their point of view and advocate for positions. Students also get opportunity to apply for leadership positions in their respective branches.

Through YIG, the students are able to participate in the state Pre-Legislative Conference for three Saturdays, where they represent their own delegations. Before the conference, students meet at the local level every one or two weeks after school for meetings that last about two to three hours.

Currently the Massachusetts YIG has ended its Pre-Legislative 3 Conference and is now heading toward the Model Government Conference, which will be held March 13 to 14 at the Omni Parker Hotel in Boston.

Connie Lam is in the Delegate Leadership Council of the Malden delegation. At first, she didn't really like the idea of the YIG as she never had any interest in politics but when she saw her friend going on one of the meetings, she joined anyway. The first meeting included a brief summary about YIG, which she "kind of" liked. It was not until the Pre-Legislative 1 Conference that she truly fell in love with YIG. Lam loved all the people that she met. Now she "loves" the idea of writing a bill and seeing if it would pass, just like how laws are passed in the real world.

Homeowner protection increased by new foreclosure laws

SUBMITTED BY CHRISTINE CHONG, ASIAN COMMUNITY DEVELOPMENT CORPORATION

For struggling families in Greater Boston, there are new foreclosure laws to help homeowners keep their property. Learn more about these laws by speaking with a housing counselor. Asian Community Development Corporation's Comprehensive Housing Opportunities Program has housing counselors who can help.

The Massachusetts Division of Banks has filed proposed regulations. It provides stronger protection from foreclosure to borrowers. This is good news for families who are struggling to pay their mortgage and are at risk of foreclosure.

With the new legislation in place, lenders must prove that the value of foreclosure outweighs the value of modifying a loan before they take action. Homeowners are also protected by new guidelines lenders must take to avoid foreclosure. These include a timeline lenders must follow when communicating with borrowers. Early loan modification is in-

centivized.

For families looking for a stable place to live, homeownership knowledge is especially important. Following the new legislation, families can learn to take advantage of the new protections offered. They can learn useful tools to prevent foreclosure, such as requesting a loan modification. The new laws mean stronger protection and more security, but education is a key factor.

CHOP provides homebuyer education. There are monthly first-time homebuyer workshops and one-on-one homebuyer counseling. Services specialize in affordable housing for low- and moderate-income individuals and families.

For more information about CHOP, call Lee Lin, ACDC's housing coordinator, at (617) 482-2380 x 208, visit us online at <http://asiancdc.org> or stop by ACDC's office Monday through Friday from 9 a.m. to 5 p.m. at 38 Oak Street, Boston, MA 02111.

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- On site laundry facilities and air conditioning
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Rent is based on 30% of income (income limits apply) to qualified seniors 62 and older, and to younger persons who are mobility impaired requiring the special design features of accessible units.

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Chinese seniors strengthen bodies and friendships at Wang YMCA

BY LING-MEI WONG



(Left to right) Yong Lin, Kit Wong, Tai Hai Wong and Richard Chin at the Wang YMCA of Chinatown. (Image by Ling-Mei Wong.)

Walking was a trial for Yong Lin, 76. After a knee replacement and back surgery, he frequently had swollen legs and difficulty moving.

Today, Lin walks faster than all his friends and can extend both knees completely. "Every day, I do more than an hour of exercise," he said.

Lin's secret was the Get Fit, Stay Fit for Life program at the Wang YMCA of Chinatown. Since 2006, Chinatown seniors gather for six months of group exercise classes, nutrition workshops and social activities.

"They love this place because their body and health are improving," said Richard Chin, director of community development for the Wang YMCA of Chinatown. "Those who stay six months all

claim they feel so much better."

The Tufts Health Plan Foundation awarded the YMCA of Greater Boston a two-year, \$100,000 grant for the Get Fit, Stay Fit for Life program. The Wang YMCA and the West Roxbury YMCA will benefit from the grant, which makes the program free to participants.

"I lost 20 pounds and my diabetes is under control," said Tai Hai Wong, 70. "Now I only have to get a checkup every six months, instead of every month."

At the start of each session, each of the 50 participants has their weight and body mass index taken and undergoes a physiological survey. They receive a free six-month membership with the requirement of working out three days a week and attending a weekly nutritional work-

shop. At the end of six months, participants are measured again to chart their progress.

"My daughter said I looked great," Wong said, who urged her friends and sister to join her. She exercises on the treadmill and rowing machine at the Y every day.

Along with getting in shape, participants bond through the program. "There were many widowed men and women, who would stay home after it got dark," Chin said. "They make friends and go to dim sum together after class."

The program is open to Chinese seniors older than 60 who have chronic illnesses. "For the 50 people in each session, 80 percent have never worked out before," Chin said. "They work with counselors and instructors who speak their language. The YMCA staff are people who understand their life and cultural situation. We make it a welcoming and friendly environment."

Kit Wong, program coordinator at the Wang YMCA, speaks Toisanese, Cantonese and Mandarin. At 65, she helps participants feel welcome and tracks their progress.

"I feel encouraged to exercise as there are participants in their 80s and 90s," Kit Wong said. "If they don't do it, they feel like something's missing."

The program has a 60 to 70 percent retention rate, with many graduates continuing their Y memberships. While most



Tai Hai Wong works out on a treadmill at the Wang YMCA of Chinatown. (Image by Ling-Mei Wong.)

insurance companies cover gym memberships, Lin pays for it himself. "We don't have anything else to do but stay home and watch TV," he said. "You must persist. If you don't, you will get sick."

Lin's success has boosted his self-esteem and enabled him to enjoy life more. After he works out, he goes to the Teo Chew Association of New England on Knapp Street for tea and men's talk.

"I don't need to persuade my friends to join," Lin said. "They can see how strong I am."

How to prevent stomach flu



BY ZHANGLIN KONG, REGISTERED DIETITIAN AT GREATER BOSTON CHINESE GOLDEN AGE CENTER

As winter is flu season, your stomach can also catch the flu. Unlike respiratory illness caused by the influenza virus, stomach flu is caused by the so-called "vomit bug" norovirus. It causes about 20 million cases each year in the United States, according to the Centers for Disease Control and Prevention. This means about one in every 15 Americans will contract norovirus each year.

Norovirus causes inflammation of either the stomach or intestines, or both. This is called acute gastroenteritis. Signs and symptoms of norovirus infection include nausea, vomiting, abdominal pain, abdominal cramps, watery or loose diarrhea, weight loss and low-grade fever. Anyone can be infected with norovirus and get sick. Diarrhea and abdominal pain usually develop within 24 to 48 hours of being exposed and infected by norovirus. Most people recover completely without treatment. However for infants, older adults and people with pre-existing conditions, vomiting and diarrhea can cause severe dehydration.

Norovirus can spread quickly from person to person in crowded, closed places like long-term care facilities, daycare centers, schools, hotels and cruise ships. The viruses are found in the vomit and stool of infected people. Unfortunately, since it is a virus and not a bacteria, there is no vaccine to prevent and no drug to

treat norovirus infection. The best way to protect you and your family from getting norovirus is by following several simple rules for personal hygiene.

1. Wash your hands thoroughly. Rub your hands with soap and warm water after going to the bathroom and before touching food. Alcohol-based hand sanitizer and wearing gloves are not substitutes for hand washing.

2. Wash fruits and vegetables carefully, and cook shellfish thoroughly before serving. When you make salad at home, wash the vegetables before cutting them. That way, the least amount of nutrients is washed away.

3. Clean and disinfect contaminated surfaces immediately after throwing up or having diarrhea, using a bleach-based household cleaner as directed on the product label. If no such cleaning product is available, you can use a solution made with 5 tablespoons to 1.5 cups of household bleach per gallon of water.

4. Any clothing or linens that may be contaminated with vomit or stool should be removed and washed immediately. Handle soiled items carefully by not agitating them to avoid spreading virus. If available, wear rubber or disposable gloves while handling soiled clothing or linens. Wash your hands immediately and thoroughly right after handling. The items should be washed with detergent at

the maximum available cycle length and then machine dried.

As there is no specific medicine to treat norovirus illness, people who get infected should drink plenty of liquids to replace fluid lost from throwing up and diarrhea. Oral rehydration fluids that you can get over the counter are most helpful for mild dehydration. Sports drinks and other drinks without caffeine or alcohol can help with mild dehydration, but these drinks may not replace important nutrients and minerals. Don't leave dehydration untreated, since severe dehydration may lead to rapid heartbeat, delirium or unconsciousness, and require hospitalization and

intravenous fluids.

For more information, please visit www.foodsafety.gov/poisoning/causes/bacteriaviruses/norovirus/

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Craigie on Main: Hamburger heaven

BY LING-MEI WONG



Craigie on Main brunch burger, topped with a fried farm-fresh egg and bacon. (Image by Szechun Leung.)

Mouth-watering food. Affable and fast service. Cozy décor. Craigie on Main delivers solid results on all three counts, making it nearly impossible to find fault with this restaurant.

The burger (\$17), by far the most acclaimed item at Craigie, is not on its menu at all — except for Sunday brunch, when it's a guaranteed menu item. James Beard award-winner Tony Maws spent a painstaking six months on crafting the perfect burger, with three cuts of grass-fed beef, beef marrow, suet and miso powder in the patty. National food magazines have swooned over it, with the burger gracing the cover of Bon Ap-

petit. Sourced from two small farms, less than 20 burgers are available for dinner to uphold Maws' exacting standards for quality.

The burger can be ordered with a fried egg (\$3) and bacon (\$3), which we both included. However, the patty was so juicy and flavorful that the add-ons aren't necessary. It comes with homemade ketchup, and a sesame bun with the right balance between crunch and chewiness. Sides include thick-cut fries and a salad.

Another hit was the grass-fed beef cheek, brisket and smoked beef tongue hash (\$18), which came with crispy fried onions and a fried egg. The cubes of po-



Craigie on Main grass-fed beef cheek, brisket and smoked beef tongue hash with onion strings and a fried egg. (Image by Ling-Mei Wong.)

tato melt in your mouth, with rich smoky beef flavor in every bite. As much as I enjoyed the burger, the hash was more memorable for the distinct tang of each ingredient melding into a perfect whole. The burger is sinfully delicious, but a tad heavy after too many bites.

We enjoyed the smoked pork belly (\$8), along with the house-made profiteroles with canela ice cream and rum-Valrhona chocolate sauce (\$10).

If you're craving excellent brunch, put Craigie on Main at the top of your list.



Profiteroles. (Image by Ling-Mei Wong.)

Craigie on Main

853 Main Street
Cambridge, MA 02139
(617) 497-5511
www.craigieonmain.com

Chinatown Atlas unveiled

BY LING-MEI WONG



(Back row) Nancy Eng, Beverly Wing, David Chang, Tunney Lee. (Front row) Stephanie Fan, Joan Chen, Janelle Chan, Randall Imai. (Image by Ling-Mei Wong.)

The Chinatown Atlas, an infographic of Chinatown's development since the 1800s, was unveiled Feb. 15.

"The Chinese have community activism, along with the Josiah Quincy school and elderly housing," said Tunney Lee, retired professor of urban studies and plan-

ning at MIT. "I see Chinatown flourishing for the next 20 to 30 years."

"While Syrian and Italian immigration has stopped, Chinese immigration has continued," Lee said. "We have to prepare and fight. We're not going to be taken over."

AACA kicks off Chinese New Year

BY LING-MEI WONG



Richard Goldberg and two AACA graduates celebrate Chinese New Year at the China Pearl in Boston. (Image by Teresa Cheong.)

The Asian American Civic Association celebrated Chinese New Year on Feb. 13 at the China Pearl.

More than 100 employer and college

partners, adult education graduates, donors and friends gathered to ring in the Year of the Snake.

A video featured graduates and employer partners of three job training programs: Building Energy-Efficient Maintenance Skills program, Partnership for Automotive Career Education program and Careers in Banking and Finance Program.

AACA graduates who are placed in professional programs have a retention rate of 88 percent, meaning they stay with the employer or are promoted through the workforce.

Watch the video on YouTube at www.youtube.be/5vKgVHm6QyY.

Chinatown crime blotter

SUBMITTED BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from Feb. 1 to Feb. 14 for District A1 or Chinatown.

To report a crime or suspicious activity, call 911. Interpreters are available for Chinese speakers.

Boston Police Department journal log

• Assault and battery

Feb. 2, 1:46 p.m.: The officers responded to Tufts Medical Center to assist security with a psych patient. Upon arrival, the officers met and spoke with the victim. He stated he went into the room to treat patient. The patient kicked him in the groin. The victim declined medical treatment at the time.

• Hit and run property

Feb. 4, 8:30 a.m.: The victim reports an unknown person struck her motor vehicle that was parked and locked on Tyler Street.

• Drugs

Feb. 5, 4:45 p.m.: The suspect was arrested on Washington Street on a drug offense. He was observed by the District A-1 drug control unit engaged in a drug transaction.

• Motor vehicle accident, personal injuries

Feb. 6, 11:34 a.m.: The officer responded to Beach Street on a report of a motor vehicle accident with injuries. Upon arrival, the officer observed two motor vehicles involved in an accident and a report of two pedestrians that were struck. The officer was informed that two victims were transported to hospital. The officer responded to hospital and interviewed both victims. The incident to be further investigated.

• Drugs

Feb. 6, 1:30 p.m.: The suspect was ar-

rested on Washington Street by the A-1 drug unit on a drug offense.

• Violation of auto laws

Feb. 8, 2:21 a.m.: The officer while traveling on Oak Street observed a motor vehicle driving without any headlights. Upon further investigation, the officer discovered that the suspect was driving with a suspended license. The motor vehicle was towed and operator will be summoned into court.

• Death investigation

Feb. 10, 1:07 a.m.: The officer responded to Tremont Street on a report of a cardiac arrest. Upon arrival, the officer spoke with Boston EMS. They report that the victim was transported to Tufts Medical Center where he was pronounced dead.

• Larceny over \$200

Feb. 11, 11:30 a.m.: The officer responded to Oak Street to meet the transit police with a victim of a larceny. Upon arrival, the officer met and spoke with the victim. He reports that he had made arrangements to meet a person and sell him a pair of sneakers. The victim met suspect. The suspect grabbed the victim's sneakers and ran off. The area was searched by the officer. The suspect was not located.

• Using motor vehicle without authority

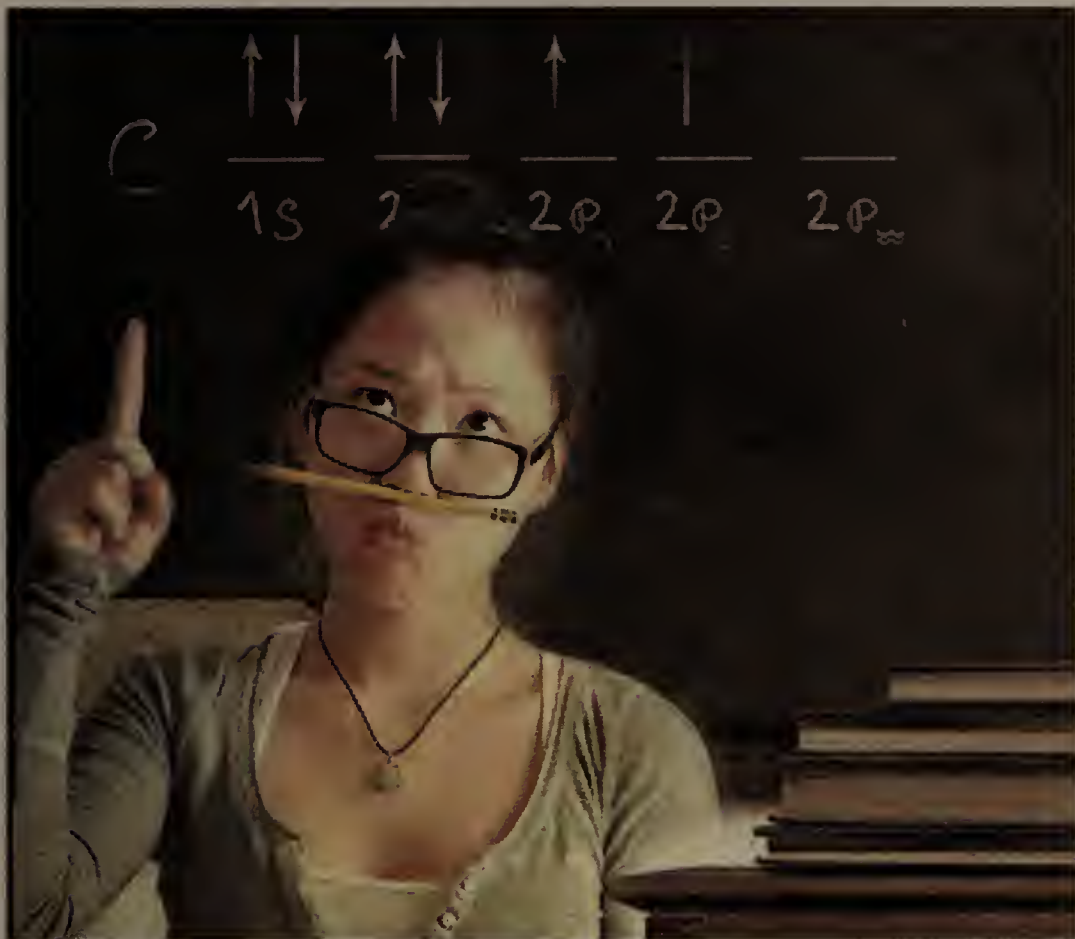
Feb. 13, 1:40 a.m.: The victim reports he had left his friend inside of his motor vehicle in front of 51 Stuart Street. When he returned the motor vehicle was not there. He believes his friend took the car without his permission.

• Warrant arrest

Feb. 13, 6 p.m.: The suspect was arrested on Washington Street on a warrant.

摩頓高中生藝術作品 獲地區獎

黃靈美報導



"Chemistry Test"獲得學術藝術與寫作獎的金獎。圖片由莊蘇丹提供。

莊蘇丹有一個充滿創意的頭腦。這個16歲的摩頓高中高二學生最近以她的藝術作品包攬2013學術藝術與寫作獎的金獎、銀獎與榮譽獎。獲得地區金獎的學生作品將被加入國家比賽的行列，而最終金銀

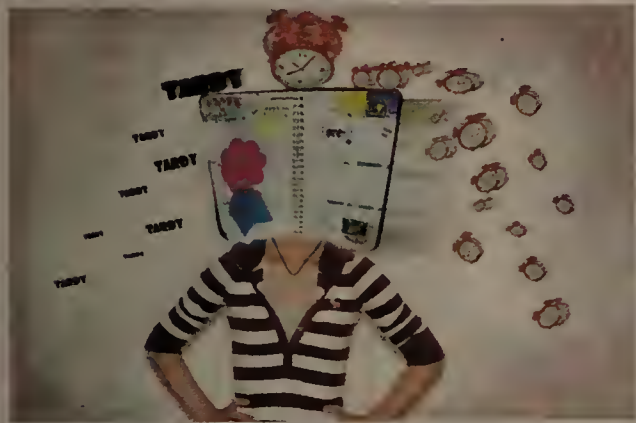
獎結果將於3月15日宣布。

莊蘇丹說道：「這個很有趣。你可以對照片做任意想做的修改。儘管不是真的，但你可以利用你的想像力。」

莊蘇丹和她的家人三年前移居到美國。她哥哥在紐約讀高三，而她則想要在波士頓上學。

她說：「在紐約的學校裡大家不怎麼講英文。」她想要在一個身臨其境的環境裡學習英文，所以她和父母搬到了摩頓。

莊蘇丹可能會在大學修讀設計專業，因為她很喜歡藝術。她說：「我很驚訝我的作品能夠獲獎。」



"Tardy"獲得學術藝術與寫作獎的銀獎。圖片由莊蘇丹提供。



"16 Candles"獲得學術藝術與寫作獎的榮譽獎。圖片由莊蘇丹提供。

華埠藝術家獲得 總統感謝信

黃靈美報導



藝術家江天源2008年畫了一幅駿馬圖為了慶祝奧巴馬其競選成功。圖片由江天源提供。

75歲的華埠藝術家江天源從2006年就成為了總統奧巴馬的忠實支持者。2008年奧巴馬當選美國總統後，江天源立即畫了一幅水墨駿馬圖為了慶祝奧巴馬其競選成功。而今年，奧巴馬成功連任總統後，江天源再次決定精心畫作一幅駿馬圖贈予奧巴馬。而這次令他沒有想到的是，總統居然回信了！

這封來自總統奧巴馬與第一夫人米歇爾的感謝信上寫道：「能得到您的支持是我們的榮幸。在我們共同努力面對艱難的時刻，我們誠懇地邀請您繼續支持、幫助我們的

工作！」

江天源1992年從中國廣東省移民至波士頓。收到感謝信後，他激動地表示：「我感覺奧巴馬奧就跟們一樣。他的出身並不富裕，卻時時刻刻地在為我們爭取權利和利益。所以我一直希望他能擁有一幅來自華埠的藝術作品。想向他傳達我對他的支持。」

江天源40年前開始自學中國書法和美術。他的藝術作品還曾多次向麻州州長派屈克、波士頓市長曼寧諾以及昆士市長寇克展出。



江天源畫給美國總統的2012駿馬圖。圖片由江天源提供。

2013年3月移民排期表

親屬移民排期表

親屬移民排期	全世界 (包括港澳台)	中國大陸	印度	墨西哥	菲律賓	備註
第一優先	2006年2月15日	2006年2月15日	2006年2月15日	1993年7月22日	1998年10月15日	第一優先：美國公民的成年未婚子女
第二優先2A	2010年11月22日	2010年11月22日	2010年11月22日	2010年11月15日	2010年11月22日	第二優先2A：永久居民的配偶及未成年子女
第二優先2B	2005年3月1日	2005年3月1日	2005年3月1日	1993年1月15日	2002年6月8日	第二優先2B：永久居民的成年未婚子女
第三優先	2002年7月15日	2002年7月15日	2002年7月15日	1993年3月15日	1992年9月15日	第三優先：公民的已婚子女
第四優先	2001年4月22日	2001年4月22日	2001年4月22日	1996年8月15日	1989年7月15日	第四優先：成年公民的兄弟姐妹

職業移民排期表

親屬移民排期	全世界 (包括港澳台)	中國大陸	印度	墨西哥	菲律賓	備註
第一優先	有名額	有名額	有名額	有名額	有名額	第一優先：杰出人才、研究人員、研究人員教授
第二優先	有名額	2008年2月15日	2004年9月1日	有名額	有名額	第二優先：跨國公司主管
第三優先	2007年5月1日	2007年1月22日	2002年11月22日	2007年5月1日	2006年9月1日	第三優先：技術勞工及專業人士
非技術勞工	2007年5月1日	2003年7月1日	2002年11月22日	2007年5月1日	2006年9月1日	
第四優先	有名額	有名額	有名額	有名額	有名額	第四優先：特殊移民
宗教工作者	有名額	有名額	有名額	有名額	有名額	
第五優先 定點投資	有名額	有名額	有名額	有名額	有名額	第五優先：指定地點投資移民
試點項目	有名額	有名額	有名額	有名額	有名額	

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活動信息

免費電影賞析

二月廿二日（週五）
晚上六點半至九點
Castle Square Community Center
476 Tremont Street,
Boston, MA 02118
城堡廣場租戶組織將在其社區中心組織電影觀賞活動。屆時將播映紀錄片「黑人運動記錄集1967-1975」。歡迎廣大市民前來觀賞並參與討論。詳情請登錄www.castledeenergy.com進行查詢。

北京大學校友會新春聚會

二月廿四日（週日）
中午十二點
老四川
1004-1006 Beacon Street,
Brookline, MA 02446
在辭舊迎新、歡慶蛇年之際，北京大學新英格蘭校友會誠邀母校校友以及家人朋友參加新春 / 元宵聚會。屆時將特備豐盛的川菜佳餚，更有很多精美的獎品可得。老四川餐館位於地鐵綠線C線St. Mary Street站。票價\$25/人，12歲以下兒童\$10/人。請於2月22日前上網站pkuaa-ne.org註冊。詳情請洽張樂617-651-0963，zhanglewfo@outlook.

com或臧充之908-838-5158，zang.pkuaa@gmail.com。

波士頓華埠社區中心慶蛇年

三月一日（週五）
晚上七點
Empire Garden Restaurant
690 Washington Street,
Boston, MA 02111
波士頓華埠社區中心（BCNC）將於帝苑大酒樓舉辦2013新年慶祝晚宴以慶祝蛇年的到來。慶祝會將包含10道菜的晚餐、文藝匯演、以及部分拍賣活動。所得籌款將用於幫助擴大BCNC的各項活動。票價125美金。詳情請洽Tina Chien 617-635-5129 x1054或電郵tina.chien@bcnc.net。

客家美食品嘗日

三月二日（週六）
上午十一點至下午三點
90 Lincoln Street, Newton Highlands, MA 02461
紐英倫客家鄉親會將假波士頓華僑文教中心禮堂舉行天穿日慶祝活動。慶祝會上將有客家特色娛樂表演，並提供會員精心製作的客家小炒、客家米粉、客家粿板、客家釀豆腐等客家美食，及麻糬、擂茶等客家小吃供參加者品嚐。歡迎蒞會參

加。會員免費，非會員每人10元。報名請洽會長張桂英617-338-8801或手機857-928-8268。

「一匙薑」籌款晚會

三月十八日（週一）
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2013 消除飢餓慈善步行
五月五日（週日）

早上七點
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Tremont Street, Boston, MA 02108
麵包項目的第45屆為飢餓而步行的活動將在5月5日舉行。步行全程共20公里，路上會提供娛樂項目和免費小食。超過4萬名步行者將參與此次活動，並將籌款350萬美金為有需要的人士提供充足的食物。活動將在波士頓公共綠地從早上7點至9點開始。



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如何防止腸胃炎

孔璋林，營養科學碩士，註冊營養師，中華耆英會全職營養師



圖片由lorenkerns的Flickr提供。

冬季是感冒流行的季節，你的胃也可能感冒。不像由流感病毒引起的呼吸型疾病，胃感冒是由俗稱的「嘔蟲」諾如病毒（“vomit bug” norovirus）引起的。據美國疾病控制和預防中心稱，它每年在美國引起20,000,000例病案。這意味著每年15個美國人中就有一個人會接觸到諾如病毒。

諾如病毒會引起腸部或腸胃部

的炎症，它名為急性腸胃炎（acute gastroenteritis）。諾如病毒感染的症狀和體徵包括噁心、嘔吐、腹痛、腹部絞痛、腹瀉、體重下降以及低燒。任何人都可能被諾如病毒感染並生病。腹瀉和腹痛通常會在被諾如病毒接觸或傳染後的24至48小時之內出現。大多數人不需要治療就能痊癒。但是對於嬰兒、年長的人和有先前症狀的人來說，嘔吐

和腹瀉可能會造成嚴重的脫水。

諾如病毒可能通過人群和封閉式場所，例如長期護理設施、兒童託管中心、學校、酒店和遊輪上，快速在人與人之間傳播。諾如病毒出現在受感染患者的嘔吐物和糞便中。不幸的是，由於它不是細菌而是病毒，還沒有疫苗能防止，也沒有藥物能治療諾如病毒的感染。防止你和家人被諾如病毒感染的最好方法就是遵循以下幾條簡單的個人衛生守則。

1. 洗手要徹底。如廁後和用餐前，用肥皂和溫水洗手。不要以含有酒精的洗手液和戴手套來代替洗手。

2. 小心清洗水果和蔬菜，貝殼類食品要徹底煮熟後再食用。當你在家裡自製沙拉的時候，切蔬菜之前請先清洗乾淨。這樣一來，能最大程度地避免營養的流失。

3.嘔吐或腹瀉後，馬上清除排泄物，並對被污染的表面消毒。使用含有漂白劑的家用清潔劑，並按照包裝上的指示使用。如果你沒有類似的清潔產品，你可以用家用清潔劑的稀釋溶液，每加侖的水里加5大匙至1.5杯的清潔劑。

4. 所有被嘔吐或腹瀉的排泄物污染的衣物或床單，應該馬上移除並清洗。要小心地處理臟衣物或床單，不要攪動它們，避免傳播病毒。如果可以，處理時戴上橡膠或一次性手套。處理後，馬上徹底地洗手。這些衣物和床單應該加清潔劑，用最長的洗滌時間來清洗然後烘乾。

因為沒有對症諸如病毒的藥物，被感染的患者應該喝大量的液體來補充嘔吐和腹瀉的水分流失。在藥店就能買到的補液口服液，能最有效地緩解輕度脫水的，但是並不能代替流失的重要養分和礦物質。不要忽略脫水症狀，因為嚴重的脫水可能引起心跳加速、譫妄 (delirium) 或昏迷，以及需要靜脈輸液和住院治療。

獲取更多詳情，請登錄 www.foodsafety.gov/poisoning/causes/bacteriaviruses/norovirus/

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華裔長者壯大華埠王氏青年會

黃靈美報導



(左往右) 林勇, 黃潔芳, 王蒂娣, 陳魯誠 合影於華埠王氏青年會。圖片由黃靈美提供。

76歲的林勇之前由於經歷了換膝以及背部手術，腿腳變得十分不方便。被疼痛以及腫脹纏繞的他，行動非常困難緩慢。而今林勇卻能夠自如地伸屈膝蓋，並且動作也比從前利落多了。他還表示每天自己都會做一個多小時的鍛煉。

林男的秘訣就是加入了華埠王氏青年會【Get Fit, Stay Fit for Life】的健康項目。從2006年起，逐漸有華埠老年人參與並加入這個六個月的健身、營養以及社交項目，至今已有7年了。

華埠王氏青年會社區發展部主任陳魯誠說道：「他們非常熱愛這個地方，因為他們的身體狀態在不斷地進步著。很多完成了六個月療程的老人都表示有明顯的收穫。」

塔夫茨健康計劃基金會因此項目，授予了波城華埠王氏青年會兩

們。

在強壯身體的同時，成員們還不斷建立起友誼。有很多參加了這個項目的喪偶老人都逐漸走出陰影，並和其他的老人成為朋友。每次下課後，大家還會結伴去飲早茶。

本項目對所有60歲以上的患有慢性病的老年華人開放。陳魯誠說道：「50個成員中，往往80%的老人從來沒有鍛煉過。在這裡，他們將會和專業的健康顧問以及工作人員一起努力，改變身體的狀態走向健康。我們會盡我們最大的努力為老人們營造一個友好溫暖的環境。」

65歲的負責人黃潔芳表示：「每次看到80歲和90歲的老人都還在鍛煉的時候，我就會被激勵着也去鍛煉。而現在，鍛煉已經成為他們生活必不可少的一部分了。」

每次一個療程結束後，60%-70%的成員會繼續留在王氏青年會。林勇說：「我們平

常除了在家裡看看電視，也沒有什麼可以做的了。老年人無論如何一定要堅持鍛煉，否則就會生病。」

林勇的康復逐漸使他建立起自信並且使他的生活更豐富。每次鍛煉後，他都會做客位於叻街的紐英崙潮州同鄉會和朋友們飲茶聊天。

林勇說道：「我根本就不需要去說服朋友們參加這個項目。我身體狀態的改善是大家目共睹的。」

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Craigie on Main：漢堡天堂

黃靈美報導



Craigie on Main的早餐漢堡，加煎蛋。圖片由梁思雋提供。



牛臀、牛胸和牛舌組成的牛雜碎。圖片由黃靈美提供。

令人垂涎欲滴的美食、熱情且快捷的服務以及舒適的裝潢讓Craigie on Main近乎完美。

餐廳最著名的就是\$17的漢堡了。詹姆斯比爾德獎得主 Tony Maws花了6個月的時間精心雕刻出這個名揚天下，並有著三種不同部位牛肉，牛髓、牛脂以及味增粉的肉餅漢堡。國家美食雜誌Bon Appetit曾用它作為一期雜誌的封面。而餐廳每天只提供20個如此熱門的漢堡來保證其純正的口味質量。漢堡根

本不放在菜單上，必須在酒吧向服務生點才可以吃到。如果搶不到當天的珍貴漢堡，不妨試試星期天的早餐漢堡，這是唯一在這天可以保證吃到的。

早餐漢堡可以搭配著\$3的炒雞蛋和\$3培根一起食用。但這些配料對美味多汁的肉餅來說則是可有可無的了。漢堡會隨碟附上薯條和沙拉。客人還可以在品嚐漢堡多汁的嚼勁和飽滿的香味的同時品嚐餐廳自製的番茄醬和芝麻麵包。

餐廳的另一個主打菜是由牛臀、牛胸和牛舌組成的\$18的牛雜碎。這道菜包含香脆的炸洋蔥和炒雞蛋。黏軟而不油膩的土豆入口即化，和濃郁的牛肉味相輔相成。雖然我非常喜歡餐廳的漢堡，但是牛雜碎更是讓人回味無窮，流連忘返。

最後，我們以\$8的熏五花肉以及\$10的自製白桂皮朗姆巧克力泡芙結束了在Craigie on Main的美食之旅。

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YIG：青年在政府工作中的參與

青年之聲

Tsering Lhadon撰寫

如今青年項目在孩子的生活中起到非常重要的作用。這樣的項目讓青年在不同的環境中學習、獲得知識並可以增強意識。他們還可以幫助青少年表達自己與自己的能力。政府中的青年（YIG）正是這些青年項目的其中之一，主旨是讓

年青一代學習民主，以及了解每個獨立個體和所有人如何在社會上做出改變。YIG幫助孩子表達自己的個性，讓他們通過公開演講來發展他們的領導能力，以及結交新朋友。它可以幫助成員了解民主進程。摩頓市青年會YIG代表了四個主要的核心價值觀：有愛心、誠實、尊重和責任。YIG遍布美國，而這是摩頓市的第一個代表團。儘管如此，YIG已經在麻州運作了29年，目前擁有超過200名成員。

在YIG中，有五個分部可以選擇：立法部、司法部、行政部、媒體團和院外活動集團成員團。立法部讓學生們參與辯論、寫作、法律條文編制的過程。而司法部則是那些對法律感興趣、喜歡辯論、與道德問題爭



摩頓市第一屆政府中的青年。圖片由摩頓市YIG提供，莊蘇丹修改。

鬥的學生的好去處。行政部允許學生鍛煉發展他們的領導力。媒體團為喜歡寫作、做調查以及報導新聞的學生開設。學生也有機會在The Beacon報紙上發表文章。最後院外活動集團成員團讓學生們用自己的觀點說服別人，並為自己的職位做主張。學生們都有機會在各自的部門內申請領導的席位。

通過YIG，學生將有機會在三個週六參與到州預立法會議中提出他們自己的想法。在會議之前，學生們將會每週或隔周放學后在當地見面並進行兩至三個小時的會議。

現在麻州YIG已經結束了三次

的預立法會議，並正準備參與預計3月13日至14日在波士頓Omni Parker Hotel舉辦的模擬政府會議。

Connie Lam參與了摩頓代表團的領導代表委員會。最初，她並不喜歡YIG，也對政治沒有興趣。起初她的朋友去了其中一個會議時，她也順便參加了。第一個會議包括一個簡短的YIG簡介，她開始感到有興趣。直到在第一次預立法會議上她才真正愛上了YIG。她喜歡在這裡認識的每一個人。現在她很享受這個過程，例如寫一個提案看它是否能得到通過，就好像在現實生活中等待法案通過一樣令人興奮。

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Secton 8 家庭人數	家庭人數 60%項目	家庭人數 80%項目
1人：\$33,050	1人：\$41,100	1人：\$47,150
2人：\$37,800	2人：\$46,980	2人：\$53,900
3人：\$42,500	3人：\$52,860	3人：\$60,650
4人：\$47,200	4人：\$58,680	4人：\$67,350
5人：\$51,000	5人：\$63,420	5人：\$72,750
6人：\$54,800	6人：\$68,100	6人：\$78,150
7人：\$58,550	7人：\$72,780	7人：\$83,550
8人：\$62,350	8人：\$77,460	8人：\$88,950

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A1區域(華埠)犯罪報告

波士頓警察局撰寫

所有報告均有波士頓警察局提供。

時間：2月1日至2月14日
地域：A1區域（華埠）

如需報告犯罪案件或可疑活動，請立即致電911。警察局提供中文口譯員。

波士頓警察局日誌

• 攻擊和毆打
2013年2月2日下午1：46，警官收到塔芙茨醫療中心報告要求協助控制一位精神疾病患者。在到達時，警官與受害人見面並溝通。他陳述他走進房間去接待病人，而病人踢了他的腹股溝。受害人拒絕接受醫藥治療。

• 毆打後逃逸
2013年2月4日上午8：30，受害人報告一個身份不明的人襲擊了她停在泰勒街並上鎖的汽車。

• 毒品
2013年2月5日下午4：45，在華盛頓街進行毒品犯罪的犯罪嫌疑人被逮捕。他被A1區域的藥物監管單位發現進行毒品交易。

• 汽車事故、人身傷害
2013年2月6日上午11：34，警員收到必珠街的一份汽動車事故傷害報告。警方抵達後發現兩輛汽車涉及交通事故，報告中兩名行人受傷。警方據悉，兩位受害者已被送往醫院。警方抵達醫院並訪問了兩位受害人。事件需要進一步調查。

• 毒品
2013年2月6日下午1：30，犯罪嫌疑人在華盛頓街由A1區域藥物監管單位發現進行毒品犯罪，並被逮捕。

• 違反汽車駕駛法
2013年2月8日凌晨2：21，屋街的警官在旅途中觀察到一輛汽車駕駛沒有打前燈。在進一步調查之後，警官發現嫌疑人已被吊銷執照。汽車已被拖走，駕駛者將被傳喚到法院。

• 死亡調查
2013年2月10日上午01：07，警方接到天滿街的一份心臟驟停報告。在抵達時，警方與波士頓EMS進行談話。對方表示受害者被運到塔芙茨醫療中心，並在那裡被宣布死亡。

• 盜竊超過200美元
2013年2月11日上午11：30，警方接到屋街報告，與受害人見面。抵達後，警方與受害人進行溝通，受害人稱他與別人約定見面並賣出一雙運動鞋。受害人與其見面，對方搶過運動鞋後逃跑。警方已搜查該地域，嫌疑人沒有被找到。

• 未經授權使用汽車
2013年2月13日凌晨1：40，受害人報告稱他將朋友留在他的汽車內，停在史超活街51號。當他返回時發現汽車丟失。相信是他的朋友

未經許可開走該車。
• 搜查令逮捕
2013年2月13日下午6點，嫌疑人在華盛頓街被逮捕。

犯罪事件

案發時間	案發地點	事件描述
2月1日	林 肯 街 109號	財物－已尋回
2月2日	林 肯 街 186號	財物－丟失
2月2日	華盛頓街 750號	攻擊和毆打
2月2日	尼論街	機 動 車 事 故－逃逸－財物損壞
2月3日	泰勒街 77號	毒品－ B級持有－意圖製造，分銷，發放
2月4日	泰 勒 街 106號	患病/受傷/醫療
2月5日	華盛頓街 640號	機 動 車 事 故－逃逸－財物損壞
2月6日	南街 201號	盜 竊 價 值 \$200及以上
2月6日	必珠街 50號	機 動 車 事 故－個人傷害
2月6日	華盛頓街	毒品－ B級持有－意圖製造，分銷，發放
2月8日	屋街8號	違 反 交 通 法 / 無照駕駛
2月8日	地面幹線	機 動 車 事 故－財物損壞
2月8日	必 珠 街 134號	被拖車
2月10日	天 滿 街 330號	死亡調查
2月11日	寶來斯頓街	被拖車
2月11日	屋街	盜 竊 價 值 \$200及以上
2月12日	寶來斯頓街32號	機 動 車 事 故－逃逸－財物損壞
2月12日	華盛頓街 800號	人員調查
2月13日	史超活街 51號	違 反 交 通 法－未經許可使用機動車
2月13日	華盛頓街 800號	搜查逮捕
2月14日	尼 論 街 178號	攻擊和毆打手及腳，需醫療

華美福利會歡慶中國新年

黃靈美報導



華美福利會的老師與畢業生一同歡慶中國新年。圖片由張韻寧提供。

華美福利會2月13日慶祝農曆新年在龍鳳酒樓。超過一百個成人教育學生，大學代表，雇主合作夥伴和捐贈者共同歡迎蛇年來臨。活動當中播放了一段影片，介紹華美三個職能培訓課程。這三個課程包括大樓維修（Building Energy-Efficient Maintenance Skills）、汽車維修（Partnership for Automotive Career Education）與銀行出納（Careers in Banking and Finance Program）。華美福利會職能培訓課程畢業生的職業保持率是88%，在同類型課程中算優秀。影片可上網觀賞：www.youtube/5vKgVHm6QyY。

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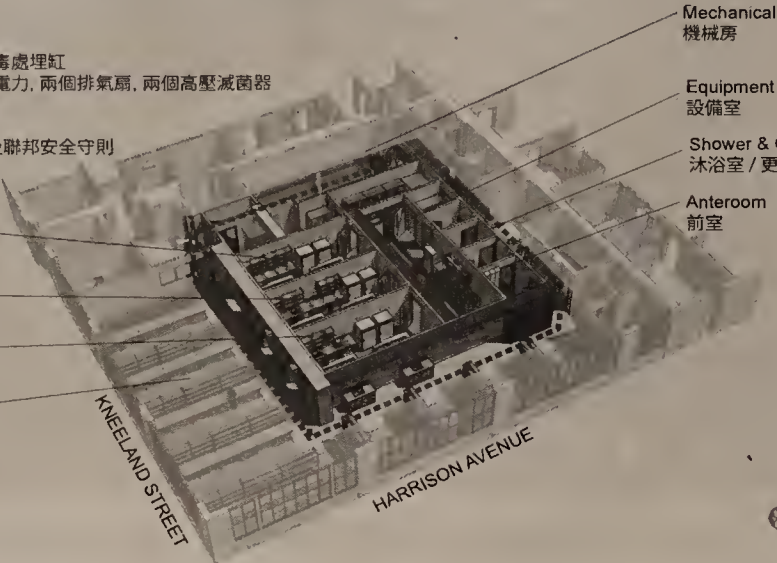
黃靈美報導

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阿諾德8生物安全實驗室的企劃圖。圖片由塔芙茨大學提供。

本月塔芙茨大學計劃中的肺結核研究實驗室已經開始施工。這個阿諾德8生物安全實驗室預定建在塔芙茨大學位於哈裏森大街136號的現有醫學研究大樓內。施工將於今年夏天結束, 塔芙茨將尋求波士頓公共衛生委員會批准其運營這間 3 級生物安全實驗室。

塔芙茨大學公共關係主任 Kimberly Thurler 說道:「一旦建設完成後, 一個由塔芙茨保留的外部委託代理將進來檢查實驗室的建築和系統, 以確保它們的功能達到波士頓市、麻州和聯邦機構的標準要求。波士頓公共衛生委員會將審查委託代理的報告, 並進行其自行審查。公共衛生委員會可以花他所需要的任何時間來檢查, 向塔芙茨大學提問, 並要求大學出示審查所需信息。審查沒有確切的最後期限。」

阿諾德8生物安全實驗室將研究肺結核。根據世界衛生組織提出, 本病在亞洲人口身上的發病率

是波士頓白人的20倍, 並感染三分之一的世界人口。處理感染結核病的細胞, 需要一個專門的空氣處理系統和 3 級生物安全實驗室及其他保護功能, 而該級別要求超過塔芙茨大學的現有的2級生物安全實驗室。

這個項目的社區諮詢委員會成員、麻州房屋投資公司發展主任陳家驊說:「我從來沒有任何疑問, 很明顯塔芙茨大學將遵守法律要求, 盡最大努力以確保該實驗室對其研究人員和鄰近社區都將是安全的。」他和社區資訊委員會的其他成員參觀了實驗室以理解其設計和運行程序。

Thurler 說, 該項目承包商肖馬特設計與建設公司正在盡力為附近居民提供工作機會。這項工作每週大約將僱用10至20名工人。

更多信息請查閱 www.medicine.tufts.edu/Research/Arnold8BiosafetyLab。

南北風味計劃在華埠開新餐廳

黃靈美報導

華埠南灣社區議會(CNC)於2月19日在位於泰勒街90號的紐英倫中華公所召開會議。

位於必珠街52號的南北風味店主陳利民, 提出在必珠街55號(原中華行市場)開設新店, 暫定名為經典中國餐廳。基於初步計劃, 新店將主要提供川菜, 最多容納90位食客。理事會批准了陳的提議, 而該計劃還需通過營業執照局和衛生督察的批准。

理事會成員余俊明已連續缺席三次會議, 根據CNC章程, 他將面臨被逐出理事會。在過去的13個月裡, 余俊明共缺席7次。理事會已投票決定是否驅逐他, 然而由於缺少1票才到通過提議所需的12票, 即三分之二, 驅逐余俊明出董事會的決定未能通過。

余俊明說:「現在我知道這個規章制度了, 我將改變我的出席率

至百分之百。」他表示他無法出席會議的原因在於他同時參與中華公所和他新公司Eclipse Mass Media的活動, 並需要照看兩個兒子。

余俊明缺席的最主要原因是CNC寫給司法部長一封信, 提及中華公所在先驅街50號租賃資金的使用。該建築被塔芙茨醫療中心賣給中華公所, 而中華公所表示該建築沒有對可負擔住房租賃收入的限制。

余俊明說道:「我認為把這封信寫給中華公所是多餘的。華埠南灣社區議會有權利向司法部長提交這封信。我認為問題在於很多成員並不知道在中華公所和司法部長之間發生了什麼。他們不知道有新的租約, 但還是想要寄出這封信。這相當於隨意向別人投放炸彈。一般人不會這麼做。」



南北風味是華埠其中一間廣受歡迎的餐廳。圖片由Flickr提供。

華埠會議綜合報導： 華埠治安委員會及華埠居民會

黃靈美報導

華埠治安委員會和華埠居民會在2月6日召開會議。

華埠居民會邀請綠色能源公司Viridian Energy到會介紹展示, 並且就Temple Place 19號的酒店裝修一事進行了討論。

兩場會議都討論了塔芙茨醫學中心在晏臣街租停車場的計劃。此地點現在是路面露天的私人停車場, 供塔芙茨和聖詹姆斯大教堂使用。

塔芙茨更新了和波士頓再開發局的停車場合約。塔芙茨共享服務的主任James Foley說, 這使租金「大幅」增長。為了補租金, 塔芙茨希望讓其他車輛在晚上11點之前可以在此付費停車, 這需要商業執照。委員會批准了這項提案。

陳利民宣佈計劃在必珠街55號, 原中華行市場處, 開一家暫定名為經典中國餐廳的四川餐館。裝修完成後, 他將申請城市和外賣的執照, 得到了委員會的認同。

必珠街70號的肥牛火鍋城計劃擴建增加第三層, 開設韓國燒烤和新增120個座位, 全餐廳將能容

下288人。此計劃得到了委員會的批准, 並將呈至牌照部進行最後審核。

位於史超活街100號的W酒店裡的Descent 夜店向委員會提出申請, 將容客量從120人增加到200人。W酒店的總經理Bill Bunce說, 這個地方可以容納250人, 但是為了迎合附近其他的夜店, 它縮小了容量。此地點將不再由W酒店管理, 而將轉交至Storyville和Sweet Cheeks 的主管Brian Lesser。陳灼鑒請W酒店在三月份的會議上提交安全計劃。


華盛頓街533號的Adams House Dinner Club 提交了關於「超級夜店」的修改計劃。【超級夜店】將有三層餐廳和娛樂場所, 第四層將供私人活動使用, 其最大容客量將達到796人。此計劃沒有得到批准, 陳灼鑒建議老闆Sam Sokol 將計劃轉交至Midtown Park Plaza Neighborhood Association。

陳灼鑒說:「你不適合華埠, 這是很明顯的。」

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Secton 8		家庭人數	家庭人數
		60%項目	80%項目
租金根據	租金最低	租金最低	租金最低
入息30%而定	\$1,076起	\$1,238起	
1人: \$33,050	1人: \$41,100	1人: \$47,150	
2人: \$37,800	2人: \$46,980	2人: \$53,900	
3人: \$42,500	3人: \$52,860	3人: \$60,650	
4人: \$47,200	4人: \$58,680	4人: \$67,350	

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塔芙茨醫療中心喜慶蛇年

黃靈美報導

2月13日，塔芙茨醫療中心與昆士小學學生以舞獅，奏樂以及舞蹈等表演方式喜迎蛇年。

其中，洪青社團帶來了精彩的舞獅表演並為同學們分發糖果。大家還以拋大白菜的方法祈求新年好運。

社區健康計劃主任曾雪清說

道：「大白菜象徵著好運。而我相信今年華埠社區定會好運連連！」

昆士小學的學生們也隨之為大家帶來了精心準備的採茶舞和絲巾舞。最終活動在學校弦樂隊奉上的優美傳統音樂中圓滿落下帷幕。



昆士小學學生在塔芙茨醫療中心喜迎蛇年活動上觀看洪慶社團舞獅表演。



昆士公立小學弦樂隊在塔芙茨醫療中心蛇年活動上表演。圖片均由黃靈美提供。

新止贖權法將進一步保護業主的權利

亞裔社區發展協會 (ACDC) Christine Chong

最近一些新出台的止贖權法，更進一步地幫助了那些在大波士頓區域裡有困難的家庭。你可以通過資訊房地產顧問了解更多這些相關的法律。亞裔社區發展協會的綜合住房機會項目亦有相關的房屋顧問可以為你帶來幫助。

現時，麻州銀行部門現已提出擬議的法規。這些法規為借貸人的止贖權提供了更有力的保護。對於那些正在努力支付抵押貸款和有可能喪失抵押品贖回權的家庭來說，是一個好消息。

隨著新的法規的成立，借貸人必須在採取行動之前，需出具喪失抵押品贖回權的價值大於修改貸款價值的證明。借貸方必須實行的這些新指引，讓業主受到更多的保護，從而避免了喪失抵押品止贖權。其中包括了借貸方和貸款者商談時，所必須跟從的時間表。早期的貸款修改是被鼓勵的。

對於那些正在尋找穩定地方居

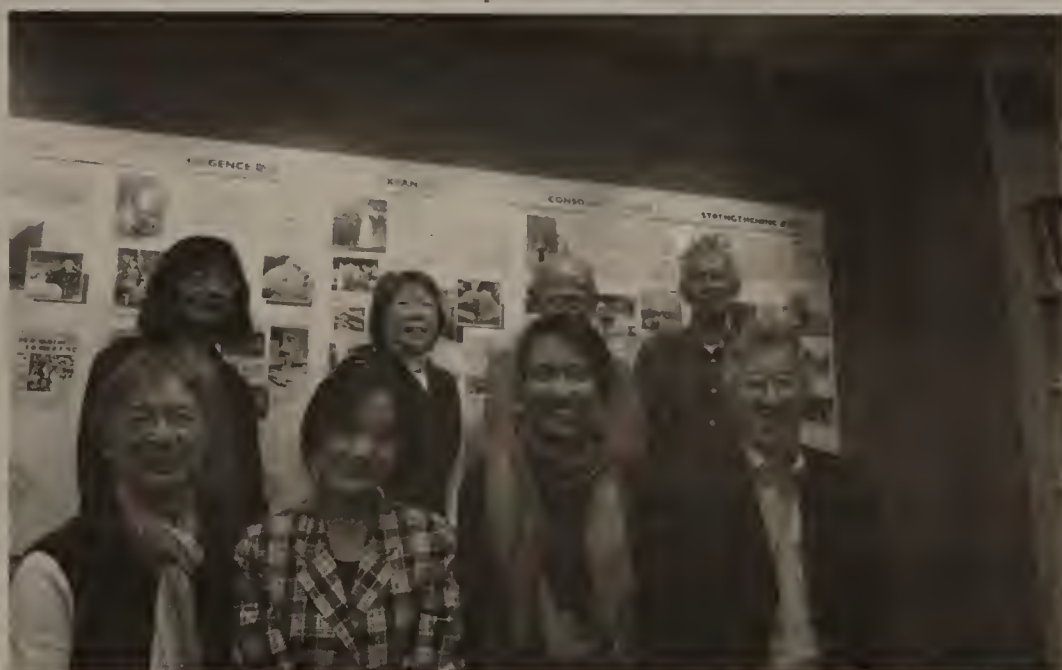
住的家庭，購房的知識是非常重要的。根據新的立法，家庭可以利用新法得到更多的保護。他們可以學習使用更有效的方法去防止止贖的發生，例如申請貸款的修改。新的法律意味著更強而有力的保護和更安全，但是教育是一個主要因素。

綜合住房機會項目為業主提供了更多的教育機會。每月有初次買家的講座和一對一的購房諮詢。更有服務專員特別為低收入和中等入息個人和家庭提供服務。

如果更多有關綜合住房機會項目的資訊，請致電亞裔社區發展協會的房屋專員Lee Lin，電話：(617) 482-2380 x 208。亦可以瀏覽我們的網站：www.asiancdc.org或親自在星期一至星期五，早上9時至下午5時到亞裔發展協會辦公室諮詢，地址：38 Oak Street, Boston, MA 02111。

華埠輿圖展揭幕

黃靈美報導



(左到右，第二排) Nancy Eng, Beverly Wing, David Chang, 李燦輝。(第一排) Stephanie Fan, 陳翔融, Janelle Chan, Randall Imai。圖片由黃靈美提供。

2月15日，華埠輿圖展正式揭幕，這是一個用圖表信息來展示從1800年至今，華埠的發展歷程的展示會。

來自麻省理工學院 (MIT) 城市研究與規劃的退休教授李燦輝 (Tunney Lee) 說道：「通過中國人擁有的社區活動行為，以及約賽

亞昆士小學和老年人房屋的發展，我可以看見在未來的20-30年華埠的繁榮興旺。」

李教授說：「當敘利亞人和意大利人的外來移民停止了，中國人的外來移民仍在繼續，我們必須為此而準備和奮鬥。我們不會就此停滯不前。」

尋才？找商機？

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華美福利會

Home Depot

人才招聘會

2013年2月27日星期三，上午11時至下午2時

地點：華埠亞瑟街47號4樓408室

請帶上您的簡歷 ☆ 穿上您的面試裝束 ☆ 參與我們的現場職位面試



無論您的職業志向是什麼 - 從管理多於200名員工的店鋪兼職工作，到企業辦公室對零售運營支持的工作。你所尋找的挑戰、機會、工作多樣化和發展的空間，Home Depot都可以一一為您提供。

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客戶服務人員
銷售人員
以及更多其他職位

申請者應在人才招聘會之前，在Home Depot網頁上在線申請該職位。

華埠社區聯盟慶祝成立20周年

黃靈美報導



華埠社區聯盟創辦團（第一排）：陳卓明，Carol Lee，梅大衛，露娃，李秋明。（第二排）：李蔭棠，陳魯誠，Stephanie Fan，Barbara Rubel，Beverly Wing，Lawrence Cheng。圖片由梁志生提供。

2月14日，華埠社區聯盟在國際青年旅舍慶祝其成立20周年。現在參與的組織成員分別有波士頓華人佈道會，華埠社區中心，塔芙茨醫療中，塔芙茨大學以及華人前進會。

華埠社區中心創始人及前任執行官梅大衛說道：「聯盟93年剛剛成立的時候，很多組織都是獨立的，彼此之間有很少的交流。華埠社區聯盟的成立為組織之間的溝通架起了橋樑。這麼多年走過來，我們也看到了很多組織中青年人的領導管理能力。」

作為一個跨機構組織，最初的社區聯盟會議都是在各個成員總部，包括華埠王氏青年會的舊址。

從成立起，聯盟一直著手於華埠總體規劃，解決各類社區發展問題。

華人前進會主席露娃回憶道：「93年，我們與塔芙茨醫療中心的關係正處於冰霜期。在那個緊張的時刻，大家非常需要一個像華埠社區聯盟中立的地方來解決問題。」

聯盟成立在情人節也是提醒大家，要盡力幫助，關愛他人。這樣才能創造一個和諧，幸福的生活社區。

波士頓華人佈道會在牛頓教堂的助理牧師李蔭棠在慶祝會上和大家分享道：「我們應該伸出和平之手幫助身邊的朋友，用愛心說誠實話。」

華埠龍騰閱讀室三月將關

黃靈美報導

由於一次性資助項目即將到期，華埠龍騰閱讀室在運作10個月之後，將在本月25日停止使用。

圖書管理員陳翔融說道：「在這裡認識新的朋友是件很有趣的事。我也有一些難過，因為很多長者還在資訊關於下一期英語課程的信息，可閱讀室就要停止使用了。」她從去年9月起便在此擔任管理員職務。

陳翔融說，這個位於華盛頓街888號的閱讀室由亞美社區發展協會提供。該協會還擁有華信屋公寓。兒童和青少年讀物將會留下供居民閱讀，但其他歷史性書籍或中文讀物將被保存在另一處永久地址。

Stephanie Fan，華埠龍騰文化及教育中心執行委員會成員說道：「我們原本想要發展一個涵蓋藝術、音樂和戲劇的文化教育中心，現在我們已經完成了這個閱讀室，我們知道社區成員是如何利用這裡的。」

一份聲明指出，超過5,000來訪者曾到閱讀室參加電腦課程、英語對話課程和兒童講故事的項目。項目由超過100名志願者花費1,000小時前來服務。

陳翔融說：「這真是一個很值得的項目。你能通過它好好地了解這個社區。」



圖書管理員陳翔融在華埠龍騰閱讀室。圖片由黃靈美提供。

了解更多信息或欲參與志願服務，請登錄華埠龍騰文化及教育中心網站www.chinatownlantern.org。

學者說波士頓華埠並不會沒落

黃靈美報導



李燦輝教授在波士頓中央圖書館演講。圖片由黃靈美提供。

麻省理工學院城市研究與規劃的退休教授李燦輝說，華埠的未來充滿希望，以經濟房屋的需求、社區激進主義以及移民趨勢為基礎。2月13日他在波士頓中央圖書館的講座上討論了「波士頓華埠：定型印象、餐飲和邊界之外」。

李燦輝談到了他與華埠發展相關的家庭史。他的曾祖父離開廣東台山，到華盛頓州塔科馬（Tacoma）修建橫貫大陸的鐵路，並在1867年鐵路完工後移居。當反華導致了對華人的暴力和驅逐，他的曾祖父回到了中國並開始成家立業。

李燦輝說：「1882年的『排華法案』是美國歷史上第一也是唯一一項針對一個種族的移民法案，旨在消滅華人數量。」

儘管存在種族歧視，李燦輝的曾祖父在1892年返回波士頓，並在當時主要的鞋業製造鎮布里奇沃特（Bridgewater）開了一家洗衣店。1903年，他的兒子「李燦輝的祖父」在Broad Street也開了一家洗衣店。1885年最高峰的時候，有500家由華人開設和經營的洗衣店。

華人們在夏里臣（Harrison），愛昔士（Essex）和必珠街（Beach）成立了一個單身漢集會。

李燦輝說：「星期天是他們唯一的休息日，所有的洗衣店工人都會到華埠來休息和放鬆。他們會和親人見面，找點娛樂—不論是否合法—包括賭博和鴉片，然後買食物。」

波士頓人曾被華埠吸引也為之震驚。因為害怕賭博和其他惡習會給青少年帶來不良影響，他們還是採取行動毀滅華埠，例如1840年時拓寬了哈里森街。李燦輝說：「但是華人的生存力很頑強，所以他們修建了更好的房屋並升級了。」

在「咆哮的二十年代」，華埠的經濟開始被餐廳統治。李燦輝說：「很多人到這裡來細細品嚐異國風味的美食。Ruby Foo's Den是必去之地。」

二戰的結束標誌著一個轉折點。李燦輝說：「波士頓的發展和高速公路的建設讓中央交通動脈和鐵路消滅了服裝區和華埠，把它留給了更高的用途。這便是華裔政治激進主義的開始，當社區和服裝業合作進行反對，反對高速公路佔領了三分之一的建築。」

華埠另外一個改變是麻州收費高速公路的發展，六七十年代時它拆毀了晏臣街（Hudson Street）的周邊社區。華埠拓展到南端新建的堡壘村（Castle Square）社區，新增500套經濟房屋。七十年代時，大同村（Tai Tung Village）又增加了300套。

1965年的移民法案改變了移民，著重統一家庭以及不再根據國家來限制配額。李燦輝說：「大批來自香港、台灣和東南亞的移民湧入美國，以及很多越南戰爭後無家可歸的人。它結束了單身漢集會，並且大批新來的女性使服裝業繼續生存了很多年。」

隨著家庭的增多，新的教育、健康和政治激進主義的社區組織成立了。李燦輝說：「但是在華埠最大的一個難題是風化區（Combat Zone）。最初為了避免影響其他周邊地區，把所有的成人娛樂區集中到一個地方，脫衣舞俱樂部和酒吧搬遷到華盛頓街，並蔓延到華埠。風化區追著科技發展衰落了，尤其隨著錄像帶的發明。」

更多的華人搬到了郊區。李燦輝說：「華埠為摩登市（Malden）、昆士市（Quincy）和阿克頓市（Acton）和勒星頓市（Lexington）等郊區服務。」

華埠能有今天經歷了很多，毗鄰豪華住宅和高等教育機構例如愛默生學院和薩福克大學。李燦輝說：「華人還在不斷湧入麻州。核心華埠將會保持一個區域中心，儘管有來自大學和公寓的壓力。」